

This I Believe Essay

A year ago, I remember laughing with a friend, till tears rolled down my cheeks. I remember sharing all of my unhappy moments with her, training together with her at every training session and chatting with her till my eyes turned red from the tiredness. She was my best friend.

However, one day, everything changed. I stood at the door of the table tennis room, realising that my friend did not attend training for the first time. She was missing. Just then, my teacher walked up to me and told me that there were changes to the leadership positions in the team after the recent elections. I was shocked to find out that the captain position my friend used to hold had been replaced by me. The first thing that came to my mind, was “Oh no, Celeste must be feeling horrible now.”

I reached for my cell phone and dialled her number quickly, but to no avail. She ignored my phone calls and gave me the cold shoulder whenever I met her in school. I was confused. Never before in my life, have I felt so cold and empty.

In school, I could not concentrate during lessons and not to mention, my subject grades fell. My lack of concentration in school carried on for months. Everyone who hears my story would ask me the same question, “Why are you still thinking about her?” I knew that my friends meant well. However, I hated to think of how my friend had abandoned me. Thus, I would divert their attention to something else.

Soon, the emptiness I felt turned to anger. I placed all the blame on my friend for the emotional pain I felt. But, I realised that being angry was not helping me feel any better. I needed to forget what had happened and move on.

A day after school, I flipped through a magazine and came across a quote. “Forgiveness does not change the past, but it does enlarge the future”—Paul Boese. I read the quote countless times and thought about it seriously. I decided to forgive my friend for what she has done to me as thinking about the past will not make me feel happier.

It was hard to forgive my friend, harder than I originally thought it would be. Deep inside my heart, I knew I wanted to forgive and forget. But, a voice in my head constantly told me that forgiving simply meant that I was weak and the thought of forgiveness drifted away. Determined to forgive, I constantly thought back to the quote and tried my best to listen to my heart.

After many months of determination, I managed to forgive and forget the past slowly, bit by bit each day. At the same time, I felt myself become mentally stronger and happier. Also, I regained my concentration in school and made many new friends.

Forgiving a person did not make me a weak person as I believed before.
Instead, it made me grow stronger. Now, I truly believe in the power of forgiveness.